

Surgery News

As mentioned last month, our regular changeover of Registrars happens in a few days and Dr Subha Nambi will be joining us for six months early in August.

As ever, Dr Nambi is an experienced hospital doctor who has decided that her future lies in general practice. I don't know if she is coming to us because her husband, the Dr Nambi who did some time with us two or three years ago, told her how nice you lot out there are, or whether it's just one of life's happy coincidences that she has been allocated to us. However it has happened, we are delighted to renew our acquaintance with the family and I am sure that many of you will get to know, like and trust her over the next few months.

I have yet another retirement to tell you about this month. Jeny Gammer, who first started here back in 1984 – even before Dr Cavenagh arrived – has decided that she prefers the easy life in Cumbria with husband David and her dogs, to doing her two hectic sessions a week on reception here. What a very strange decision! Anyway, it all happened pretty suddenly as the people buying their house in Tendring wanted to move in quickly, so we had no time even to organise a proper "goodbye". Never mind. With an address in Cumbria and the views they are rumoured to have from their new home, I'm sure they will get plenty of visitors from the surgery and that Jeny won't lose touch.

You'll probably hate me for raising the next subject as it's sure to be the kiss of death for the summer, but please don't forget over the next few weeks that extremely hot weather can be pretty well as dangerous to the elderly as a harsh winter. I know that the same applies to tiny children and to people with some chronic diseases, but they are more likely to have people around who can keep an eye out for them. An elderly person on his or her own might not, and could well need a bit of neighbourly support if we do get another exceptionally hot spell.

For anyone with internet access, a really useful website is www.ageuk.org.uk which is full of good advice about coping with hot weather. A lot of it is simple common sense, such as staying indoors at the hottest time of the day and taking a small bottle of water with you when you do go out. There is also some really good information on recognising the signs of heat exhaustion and heatstroke, as well as what to do if you think that you or someone else might be suffering from either. The leaflet "Staying Cool in a Heatwave" which can be down-loaded without charge from the site is excellent. (We'll put a link to this website on our own as it looks so useful.)

Anyway, if you have elderly relatives or neighbours and it does turn really hot again, please check on them now and then, just to be certain that they are managing. And don't forget your suntan lotion!

I happen to be writing this as we are experiencing some horrible problems with our usually ultra-reliable computer system. The difficulties have been going on for a few days now and appear to be gradually getting worse. The people who supply the clinical system, which is the bit that is going wrong, are working all hours to try to sort it out.

It doesn't seem possible, but the root of the problems is heat. I'm not going to get technical, but apparently the main computer is overheating which is stopping various programmes working properly. It is even making the machine close itself down now and then. Goodness knows what it would be like if we were having a really hot summer.

I'm really sorry that so many people have been inconvenienced by these problems and I just hope that by the time you read this they have been sorted out. It has reminded us once again how much we depend on our system and take it for granted. Normal service will be resumed as soon as possible.

Hugh Cronin
Practice Manager